

NUTRITION

Let's face it, restaurant meals eaten in or out are just part of dealing with our fast-paced world. You might ask, "is that a problem if I have diabetes?" The answer is no, as long as you learn to eat healthy restaurant meals most of the time.

If You Have Diabetes Here Are Four Strategies to Eating Out Healthy

1. Zero in on the site

Seek out restaurants that offer at least a smattering of healthier options. Remember that there's an advantage to eating in chain restaurants. You can master the menu and plan ahead, no matter which one of the chain's locations you visit.

2. Set your game plan

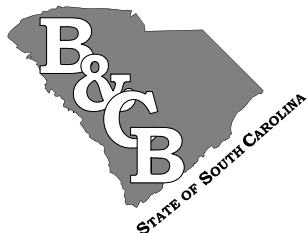
On your way to the restaurant envision a healthy and enjoyable meal. Plan your order, or at least what you might have if you aren't familiar with the restaurant, before you dine out.

3. Practice portion control from the get go

The best way not to eat too much is to order less. Order with your stomach in mind, not your eyes. You need to outsmart the menu to get the right amount of food for you.

4. Get foods made to order

Don't be afraid to ask for what you want, even in a fast-food restaurant. Restaurants today need your business and want you back. Make sure your requests are practical.



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